

# Residential Rehabilitation at Windana

*From Windana, hello and welcome. In this leaflet we'll tell you about our alcohol and other drug residential rehabilitation program, and the Therapeutic Communities where recovery happens.*

## Therapeutic Communities

At Windana, residential rehabilitation takes place in our Therapeutic Communities (TCs).

Each TC is a place where the community itself - through self-help and mutual support - sparks change in its residents' lives. The community gives people the space and structure to heal emotionally, and learn healthier ways to live.

Residents work together to run the TC, as it's their home. Work areas include administration, cleaning, grounds, gardening and kitchen. Every activity and job contributes to personal growth.

This peer-driven approach to recovery focuses on how alcohol and other drug use influences, and is influenced by a person's relationships, thoughts, feelings and lifestyle. As well as participating in running the community, you will also attend education, therapy and behavioural change groups.

Staff (including Alcohol and Other Drug Workers, Support and Peer Workers, Nurses, a Naturopath and Case Workers) are there to help keep members of the TC psychologically and physically safe. As residents move through the program's phases, they become leaders and role models too.

All of our TCs provide shared accommodation.

### Maryknoll Therapeutic Community (MTC)



Our largest TC is on an beautiful 40 acre property in Maryknoll (southeast of Melbourne).

The program runs for six to twelve-months, with space for 77 beds. Residents begin by settling in at the 12-bed Welcome House.

Various animals and food crops are nurtured by the residents, giving MTC its nickname 'The Farm'.



### Grampians Therapeutic Community (GTC)

GTC is located in the centre of Ballarat.

It offers a supportive home for up to 20 residents each in a three-month program.

The TC is unique thanks to its close-knit community of residents and staff.



### Barwon Therapeutic Community (BTC)



The brand new BTC is set amongst plenty of fresh air and open space in Corio, Geelong.

It's designed to be a supportive, modern place for up to 30 residents in three to six-month programs.

BTC is open from late 2021. To the left are artist's impressions of the new TC.





## Client messages

We asked Senior Residents for some words on how their recovery journeys have been supported by the Therapeutic Community.

While their experiences are as unique as yours, we're sharing these voices so you can have a resident's insight into residential rehabilitation at Windana.

*"My life is healthier, freer. I am much more confident and optimistic facing life and its challenges. I have a better self-image, confidence and self-worth. I am a more positive person and not fearful or resistant to change. Windana has given me the opportunity to feel useful, to practice role modelling, and to share wisdom and insight with others new to recovery."*

*"My favourite thing [about my time at Windana] is the amount of self-knowledge I left with and how to live functionally in society. I also came away with a couple of lifelong connections and people I can use as support networks in my life."*

## What's in the program?

- Group work (nutrition, relapse prevention, harm minimisation, stress management, education and health)
- Complementary therapies (naturopathy, mindfulness, exercise and recreation)
- Food as Medicine (health-promoting meals)
- Case management, nurse and GP support
- Outdoor recreation
- Aftercare for when you leave the TC.

You'll move through a number of phases as part of your program. Each builds on the phase before with more responsibility and freedom as you progress.

Orientation: Watch, listen, learn and engage

Phase 1: Participate in all aspects of the group

Phase 2: Step up as a role model to peers

Phase 3: Be a leader and prepare for the future

Phase 4: Integration for life after treatment

Aftercare: Move forward with ongoing support

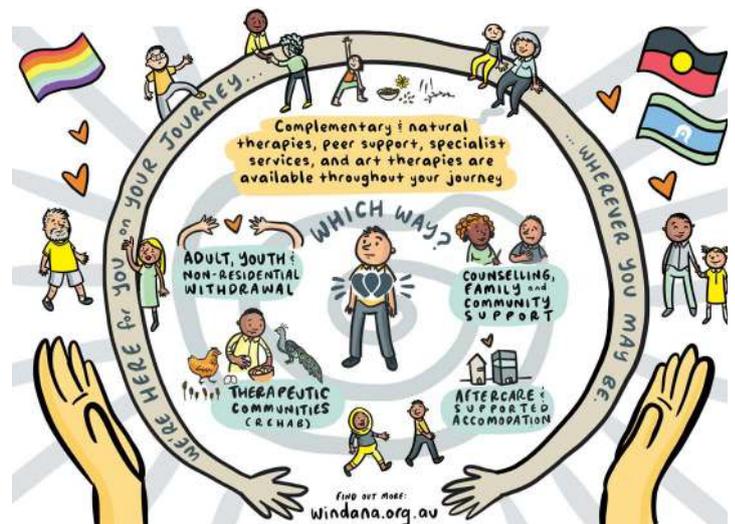
## How do I get referred?

Contact DirectLine on **1800 888 236** (available 24/7), or visit [www.directline.org.au](http://www.directline.org.au). DirectLine will put you in touch with the local Intake and Assessment service that looks after the area you live in.

When you call your local Intake and Assessment service, they will get to know you better and help identify your individual treatment needs.

This is when you will get referred to the actual treatment programs or services. You can tell them that you wish to be referred to Rehabilitation at Windana.

Contact Us  
Windana Drug & Alcohol Recovery Ltd. ABN 68 398 137 238  
T. 03 9529 7955  
F. 03 9521 3581  
E. [feedback@windana.org.au](mailto:feedback@windana.org.au)  
[windana.org.au](http://windana.org.au)



This illustration shows an overview of Windana's programs and services, of which our TCs are a part.

We're an organisation that helps people recover from alcohol and other drugs. We believe people can rebuild their lives, and have worked with thousands of people since 1984.

Windana acknowledges the traditional land owners of Australia and we welcome all Aboriginal and Torres Strait Islander people to our service. Windana provides a safe and welcoming environment for everyone.